

RGS ROWING

Tuesday, 6 February 2018

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RGS Rowing

Welcome to the 2018 Rowing Season!

The Rockhampton Grammar School runs an extensive boys and girls rowing program on the Fitzroy River. This program is open to all students in years 7 -12. RGS Rowing has grown into a recognisable name throughout Queensland and Australia over the past decade. Rowing is a rewarding sport in which students pursue individual and team goals in an amazing natural environment. Along with experiencing the thrill of racing, students are encouraged to embrace important characteristics including camaraderie, perseverance, discipline, fitness and fun. The administration of RGS rowing is the responsibility of the RGS Rowing Committee.

The rowing program at RGS has a long history of success at regional, state and national levels. All coaches in the RGS Rowing program are focused on getting the best out of each rower at every practice in a fun and inviting environment.



The RGS Rowing Program is led by Head of Rowing, John Smyth. Mr Smyth joined the Grammar team in 2011 after a move from his native Canada and departed for Sydney in 2015 to coach at UTS

Rowing Club. He has returned to RGS and looks forward to growing the sport again and improving performances. Mr Smyth hopes to lift the standard of everything we do at the shed, on the water and at regattas in 2018.

"Our dedicated coaching staff and support system of parents and volunteers will work hard to provide all of our students with a positive and meaningful experience while encouraging them to reach their full rowing potential. Rowers are asked to follow three simple principles: Turn Up ~ Work Hard ~ Look out for your mates"

The Rockhampton Grammar School Rowing program had 90 student rowing members in 2017. We are looking forward to welcoming all rowers back to the program and invite any interested new rowers to contact the Head of Rowing, Mr John Smyth jsmyth@rgs.qld.edu.au to express their interest in becoming a member.

Building for the Future

The "Try Rowing" Program

Each year in Term 1 RGS Rowing offers an opportunity for all year 8 students and year 7 students born in 2005 to sample the sport of rowing. These new recruits are paired with and instructed by senior rowers under the watchful eye of experienced coaches. This initial introduction to rowing allows these students to determine if they enjoy rowing prior to committing for the entire season. The *Try Rowing Program* will begin on Saturday, 24 February and runs for 4 consecutive weekends. Rowing apparel for the Yr. 8 Try Rowing Program will be PE uniform – shorts and polo shirt.



Staying Dry: Year 8 girls listening to Mr Smyth before they head out on the water during TRY Rowing.

Learning to Row: Eager new rower receiving some last minute instruction before being pushed off on their own.



Rowing in Term One

All year 9 - 12 rowers, including new (novice) rowers, will be given the opportunity to get on the water in Term 1. The schedule will be advised and posted outside the PE office as soon as available.



Rocky Schools Regatta: RGS Year 11 Girls Quad heads out on the water during a Rockhampton Schools Regatta in May 2016

Rowing Registration

Registrations for all rowers will be due on **Sign On Day – Saturday 17th March**. Registration Forms will be available soon.

Registration Fees include ALL sundry items, 4 terms of coaching, training & equipment, club BBQs, presentation night meals and awards, local regatta fees, administration costs and Rowing Queensland affiliation costs. **The annual fee is \$420** and will be due on or before Saturday 17th March, 2018. A discount for families with multiple rowers in the program is available.

The Registration Fee *does not include* the purchase of personal apparel (except the club cap and singlet) and the costs associated with The National Championships (Sydney), the CQ Championships (Bundaberg), the NQ Championships (Townsville), the SQ Championships (Wyaralong), the State Schools Championships (Rockhampton) and the Club State Championships (Bundaberg).



Brilliant Bronze: Our 2018 U19 Boys Coxed Four on the podium at the Queensland Club Rowing Championships in January.

Regional and National Regattas

All athletes who are selected to attend any of the above mentioned regattas will be given notice of selection trials and costs in the weeks prior to the events. The club zoot suit “zootie” is compulsory for all championship events. The suit is the most comfortable rowing attire and can be purchased at the Red & Black shop. Other items of apparel including hoodies may be ordered. An order form will be available upon registration.



2017 National Medalist: Grace Sypher powers her way home to a bronze medal at the Australian Rowing Championships at the Sydney International Rowing Center (SIRC).

RGS Rowing Committee AGM – Thursday. 1st March

The RGS Rowing Committee supports The Rockhampton Grammar School rowing program, working with the Head of Rowing to provide assistance for specific activities including fundraising events and regattas.

All positions will be declared open and nominees accepted for election at the **AGM Thursday, 1st March at 6:30pm** to be held at The Rockhampton Grammar School Rowing Club followed by the first general meeting of the club for 2018. All persons interested in the RGS rowing program are invited to attend. We look forward to meeting all of you.

RGS Boatshed and Rowing Club

Both located at the bottom of Harman St. in Rockhampton the RGS Boatshed and Rowing Club sit about 500m north of the barrage. The Rowing Club is used for a variety of events including the RGS Rowing Club AGM, fundraising events and Presentation Night. In 2013 the club added more boat storage space as well as an ergo centre under the rowing club. The RGS boatshed stores the majority of the clubs rowing related equipment.



Rowing Club: Parents and supporters gather on the lawn of the rowing club during a Regattanight function.



Boatshed: The RGS boatshed houses 32 boats and over 100 oars

2018 Queensland Club Rowing Championships - Friday – Sunday, 19/21 January

Rockhampton Grammar School rowers have started the year strongly joining the medalists at last weekend's Queensland State Championships at the Wyaralong Rowing Centre.

The squad won 4 gold, 3 silver and 5 bronze medals. Rowers also qualified for several finals across the three days of competition, a satisfying result after spending much of their school holidays in training for this championship.

Over the holidays students worked through cross training programmes and also hit the water when they had the opportunity. For rowers living out of Rockhampton on properties they had the ergos set up at home to keep up their fitness levels.

RGS Head of Rowing John Smyth said the goal was to lift the standard of preparation and performance during their camp and at the State Championships.

"Overall, we achieved those goals and hope to build on these standards throughout the season," Mr Smyth said.

"We loved seeing our senior rowers stepping up and leading by example, both on and off the water.

"It's been a busy January that hopefully leads to more success in 2018."



Proudly Red & Black: RGS Crews on the water and receiving medals at the Queensland Club Rowing Championships at Wyaralong Rowing Center. Clockwise from top left: Jono Edwards; RGS U19Boys 8+; Keeley Dunne, Kasey Frame; Ryan Day, Bradley Burr, Ryan Collard, Dylan Rau, Luke Saunders, Jack Barwick (coach); Reece Byrne, Josh Kent; Karis Edwards; Laura Sypher.

Gold Medallists

Girls U17 Coxed Four

Grace Sypher, Keeley Dunne, Kasey Frame, Olivia Maynard, Jahna Day(cox)

Girls U17 Double

Grace Sypher, Georgia Powell(UQBC)

Girls U17 Coxed Quad

Grace Sypher, Keeley Dunne, Laura Sypher, Olivia Maynard, Jahna Day(cox)

Boys U17 Coxed Four

Nick Storey, Lachlan Johnson, Riley Godwin, Jonathan Edwards, Laura Sypher (cox)

Silver Medallists

Girls Group Four Single

Laura Sypher

Girls U17 Coxed Four

Laura Sypher, Jonathan Edwards (cox) -Composite crew with Rockhampton Fitzroy and Surfers Paradise Club.

Boys U19 Pair

Ryan Collard
Bradley Burr

Boys U17 Coxed 4+

Reece Byrne, Josh Kent, Jahna Day- cox (Harry Nott and Liam Dewar from Centenary)

Bronze Medallists

Girls U17 Single

Grace Sypher

Boys U17 Single

Nick Storey

Boys U17 Double

Reece Byrne, Josh Kent

Boys U19 Double

Luke Saunders, Dylan Rau

Boys U19 Coxed Four

Ryan Collard, Bradley Burr, Dylan Rau, Luke Saunders, Ryan Day (cox)

RGS Rowing on Social Media

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RGS Rowing



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